



2016 Young Adult Track

Friday, November 11th:

Afternoon: Young adults are welcome to attend the plenary session on trauma informed care and workshops session for the focus tracks on children's mental health, mental health in the military community and criminal justice as well as the zero suicide initiative.

Evening: Dinner and plenary session on *New Horizons of Effective Engagement*.

Saturday, November 12th:

9-9:30am-Breakfast Service and Mingle

9:30-10:00am-Introduction of Young Adult Network, Goals and Discussion: This will give you the opportunity to meet other NAMI-NYS young leaders and discuss how to shape the Young Adult Network and what you want to see on the Network's webpage.

10:00-10:30am-YA Workshop 1: Holistic Approach to Wellness

10:40-Noon-Attend Plenary on Establishing Insight on One's Mental Health and NIMH Research Update

12:30-4:00-Lunch and Plenary sessions on Mental Health in the Workplace and Wellness Integration

4:30-5:30-YA Workshop 2: Engagement and Self-Advocacy in Your Community: This workshop and discussion will detail the importance and various ways to communicate your story as well as the need for engagement and how to advocate for better mental health services and supports in your school and community.

5:40-6:40-YA Workshop 3: Exploring Relationships and Establishing Healthy Boundaries: This workshop and discussion will detail the need to create and maintain healthy relationships as well as the importance of establishing boundaries and how to recognize and address negative relationships

6:45-7:30-Answering Your Questions About NAMI on Campus

Dinner: Screening of Life in Recovery and panel discussion: This documentary follows NAMI-Mid Hudson member and recipient of the 2015 NAMI Young Leader Award, Allie Hill and her family during the ups and downs of her recovery. Following the screening there will be a panel discussion with Allie, her mom and the film's director Morgan Malecki.

Sunday November 13th:

8:30-9am-Breakfast and screening of the *Mental Health Now* episode on engaging youth and *#IAmAcceptance*

9-11am-Understanding legislative advocacy issues and how to make your voice heard.

11am-Wrap-up and next steps.

[Click here to obtain a Young Adult Scholarship Application](#)

Join the Network!!!

#IWillListen

#IAmAcceptance

